

The International School of Panama

Middle School News

Connecting With Kinder

IMPORTANT DATES: *****

Monday, June 8
Director's Coffee,
8:00 am, cafeteria

Friday, June 12, through
Wed., June 16
Semester exams

Wednesday, June 17
Middle School Move Up
Ceremony, 9:30 am, ISP
Gym, 12:00 dismissal

Mrs. Restrepo's 4th quarter Connections Class, visited K.2 as part of their outreach project.

Our 6th grade students read and acted out a story about respecting and valuing differences. They prepared a dance and decorated cupcakes with their little friends from kinder. from kinder. Thank you to teachers Mrs. Narbon and Ms. Velaquez for facilitating this experi-



Getting Ready for Exams, Effective Study Habits (A Message to Students...)

Semester exams aren't the only way of showing what you know and what you have learned, but they are an important part of the Middle School program.

Semester exams give you an opportunity to demonstrate progress in your academic subjects. It's important to be well prepared and ready to do your best.

Solid preparation can be the key to avoiding stress during test days. The following time management strategies can be used to improve your study habits as you prepare for the exams.

1. Schedule study time in your calendar. Remember to give yourself extra time for your more difficult subjects.

2. Use class notes, worksheets and your text book to study.
3. Use a regular study area. When you use the same place to study, day after day, your body and mind become trained.
4. Avoid distractions like the phone, computer and TV.
5. Get plenty of rest, eat well and drink lots of water.



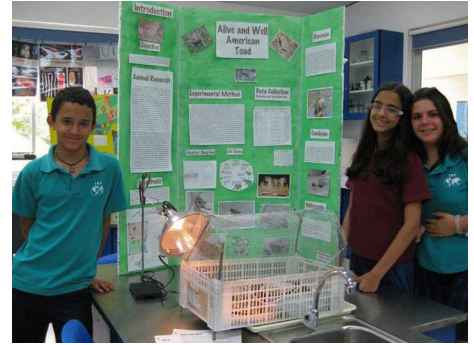
PK 4 students visit the Alive and Well exposition. See page 2 for more!

Alive and Well, Yes!



Winners Alive and Well 2009

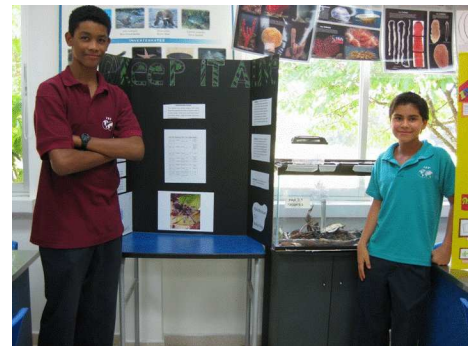
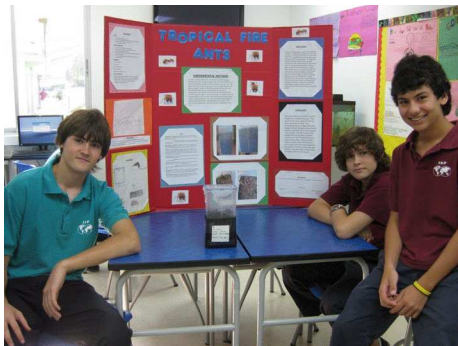
1st Anna Luisa Barros, Daniel Moreno, Timothy McCoy, Adi Livne, Maria Laura Herrera, Kimberly Choi, Patricia Suro, Pedro De Mello, and Elena Fernandez



2nd Rosa Park, Daniel Bethancourt, Jae Won Lim, Gabriel Schimdek, James Groover, Rodrigo Artavia, Estefanía Sierra, Allison Exemberger, and Felix Ruiz



3rd Carolina El Hayek, Valeria Yúdice, Andres Quesada, Max Mouquet, Nelson Roa, Benjamín Bezemer, Paul Coosemans and Aaron Abouganem



“Caught” In An Act of Kindness



7th grader, Yasmin Gaspard winner of the drawing

It was another great week for dolphins! Here are the Middle School students who earned recognition for acts of kindness and helpfulness.

Cindy Buffart and Silvia Cabal assisted a group of six grad-

ers on a project. Rodrigo Artavia and Maria Jose Nebreda returned lost items and money. Kevin Novey, Pedro De Mello and Enrique Bohmer were especially helpful to teachers.

Yasmin Gaspard, Juliette Mejia

and Camila Varela were involved in supporting and helping friends through a conflict by giving good advice and offering encouragement.

We are very proud of our young dolphins!